

Behavioral Health is Essential To Health



Prevention Works



Treatment is Effective



People Recover



Trauma Informed System of Care: Changing Our Perspective

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The Three E's in Trauma

Events

*Events/circumstances
cause trauma.*

Experience

*An individual's **experience**
of the event determines
whether it is traumatic.*

Effects

***Effects** of trauma include
adverse physical, social,
emotional, or spiritual
consequences.*

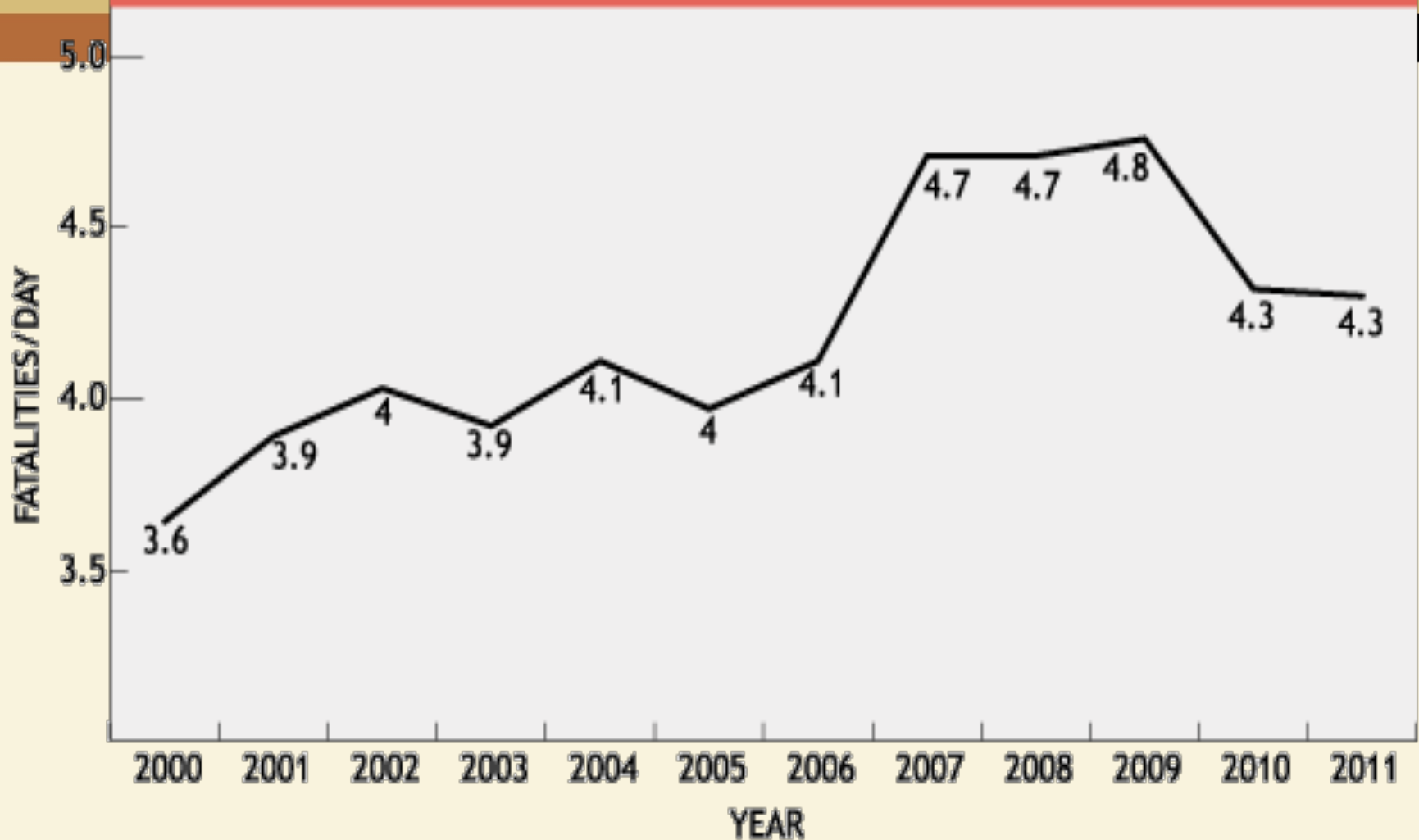
DEFENDING CHILDHOOD

- PROTECT
- HEAL
- THRIVE

REPORT OF THE ATTORNEY GENERAL'S NATIONAL TASK FORCE ON CHILDREN EXPOSED TO VIOLENCE

NOV 2012

Estimated child fatalities per day attributed to child maltreatment¹



Note: National data is likely to underestimate the number of children who died from maltreatment.²

ACE Study

Compares adverse childhood experiences against adult status, on average, a half century later

ACE Study slides are from:

- Robert F. Anda MD at the Center for Disease Control and Prevention (CDC)
- September 2003 Presentation by Vincent Felitti MD
“Snowbird Conference” of the Child Trauma Treatment Network of the Intermountain West
- “The Relationship of Adverse Childhood Experiences to Adult Medical Disease, Psychiatric Disorders, and Sexual Behavior: Implications for Healthcare” Book Chapter for “The Hidden Epidemic: The Impact of Early Life Trauma on Health and Disease” Lanius & Vermetten, Ed)

ACE Questions:

While you were growing up, during your first 18 years of life:

1. Did a parent or other adult in the household **often or very often**... Swear at you, insult you, put you down, or humiliate you? **Or** Act in a way that made you afraid that you might be physically hurt?
2. Did a parent or other adult in the household **often or very often**... Push, grab, slap, or throw something at you? **Or Ever** hit you so hard that you had marks or were injured?
3. Did an adult or person at least 5 years older than you **ever**... Touch or fondle you or have you touch their body in a sexual way? **Or** Attempt or actually have oral, anal, or vaginal intercourse with you?
4. Did you **often or very often** feel that ... No one in your family loved you or thought you were important or special? **Or** Your family didn't look out for each other, feel close to each other, or support each other?

ACE Questions: Con't

5. Did you **often or very often** feel that ... You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you? **Or** Your parents were too drunk or high to take care of you or take you to the doctor if you needed it?
6. Were your parents **ever** separated or divorced?
7. Was your mother or stepmother: **Often or very often** pushed, grabbed, slapped, or had something thrown at her? **Or Sometimes, often, or very often** kicked, bitten, hit with a fist, or hit with something hard? **Or Ever** repeatedly hit at least a few minutes or threatened with a gun or knife?
8. Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?
9. Was a household member depressed or mentally ill, or did a household member attempt suicide?
10. Did a household member go to prison?

Adverse Childhood Experiences are Common

Of the 17,000 HMO Members:

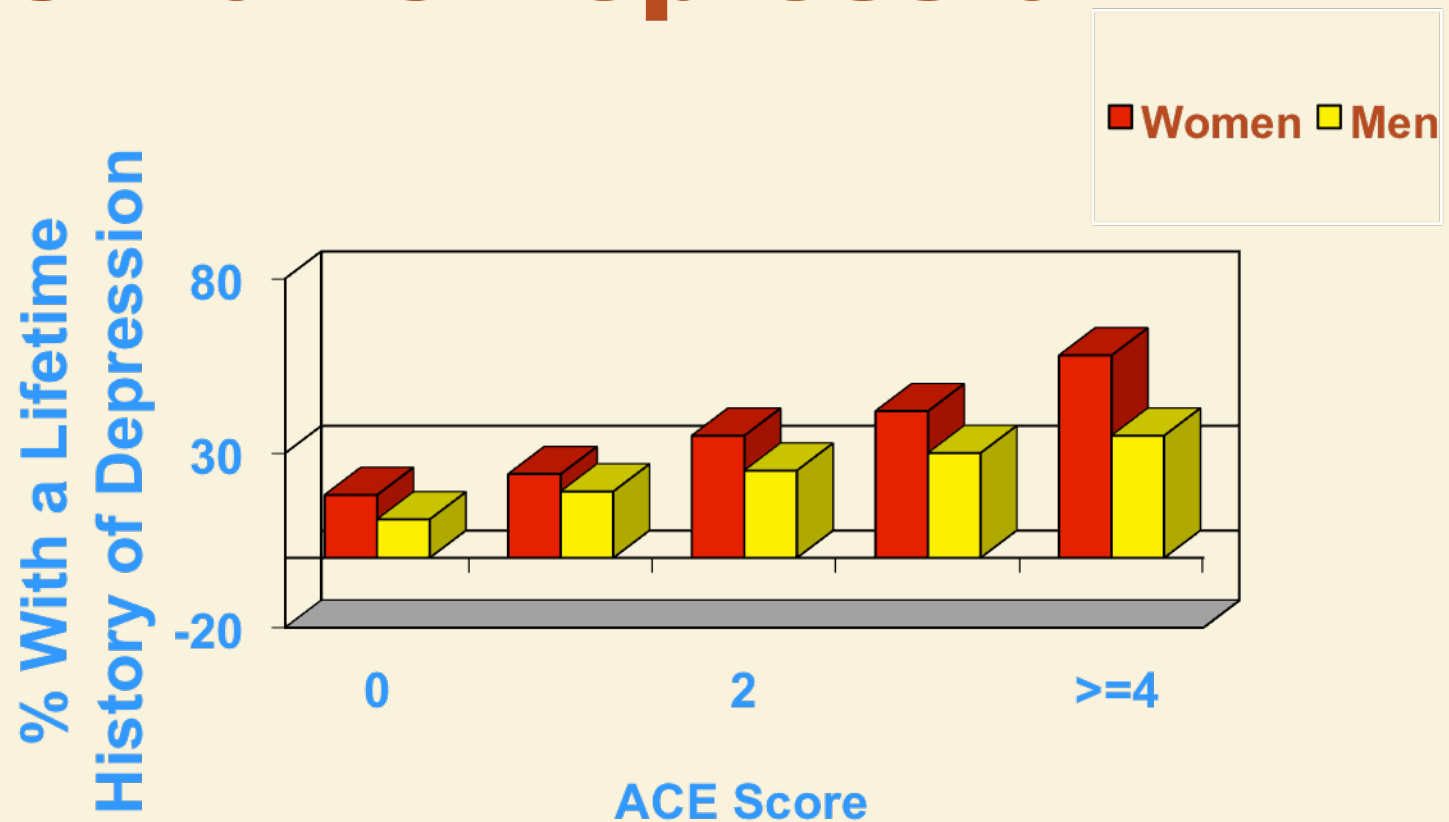
- **1 in 4** exposed to **2** categories of ACEs
- **1 in 16** was exposed to **4** categories.
- **22% were sexually abused as children.**
- **66% of the women** experienced abuse, violence or family strife in childhood.



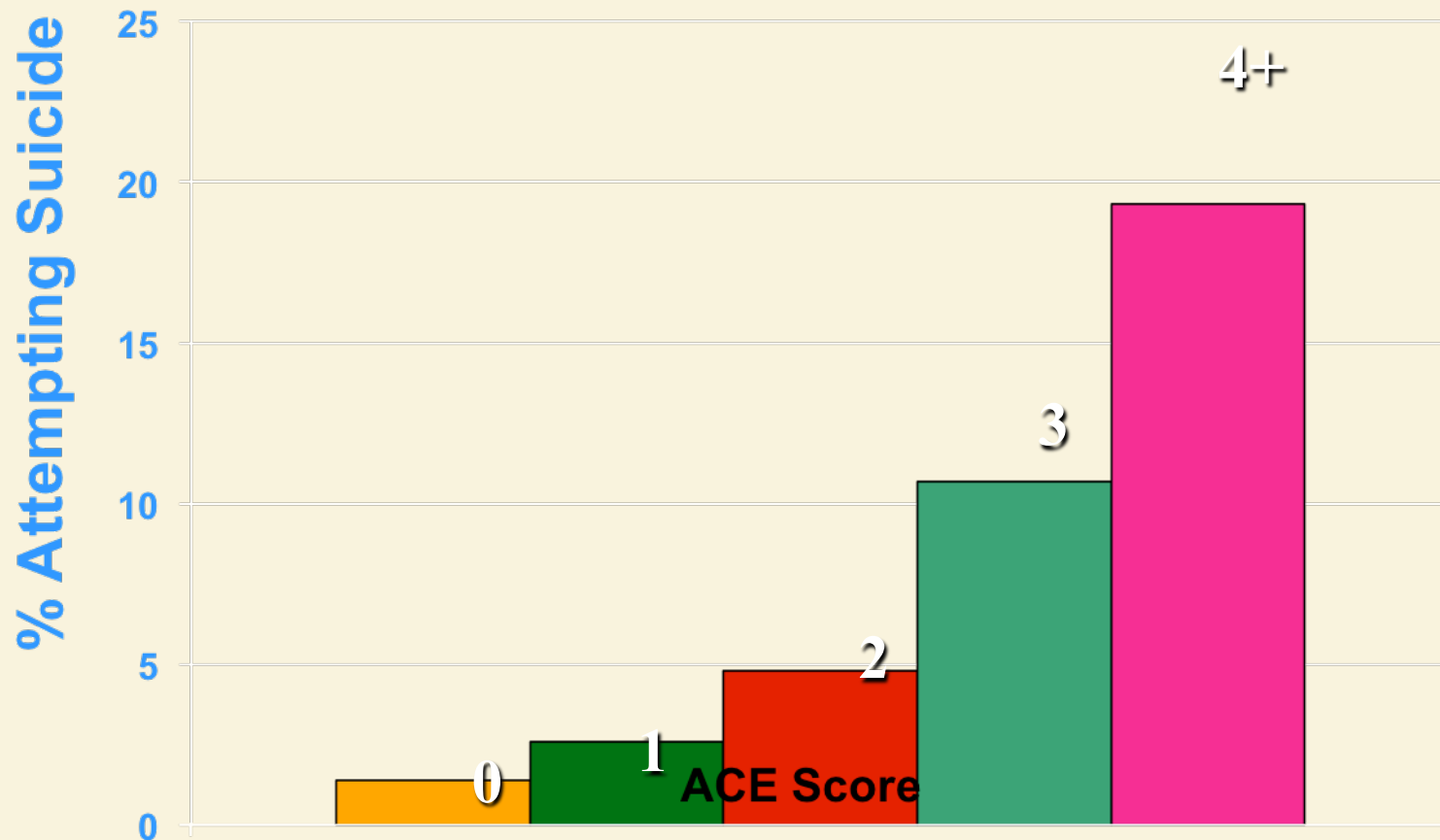


Emotional Problems

Childhood Experiences Underlie Chronic Depression



Childhood Experiences Underlie Suicide



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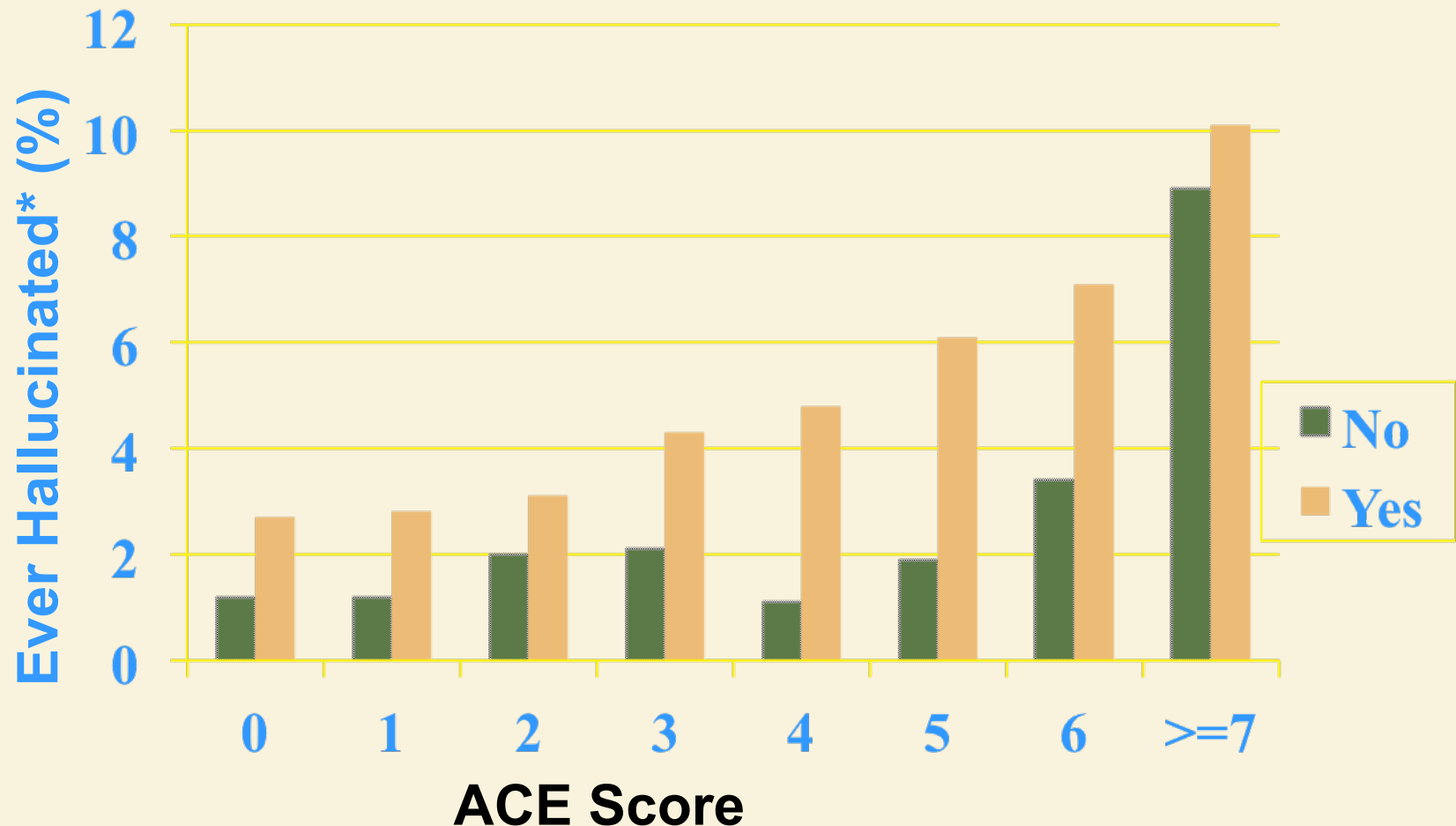
- 2/3rd (67%) of all suicide attempts
- 64% of adult suicide attempts
- 80% of child/adolescent suicide attempts



Are Attributable to Childhood Adverse Experiences

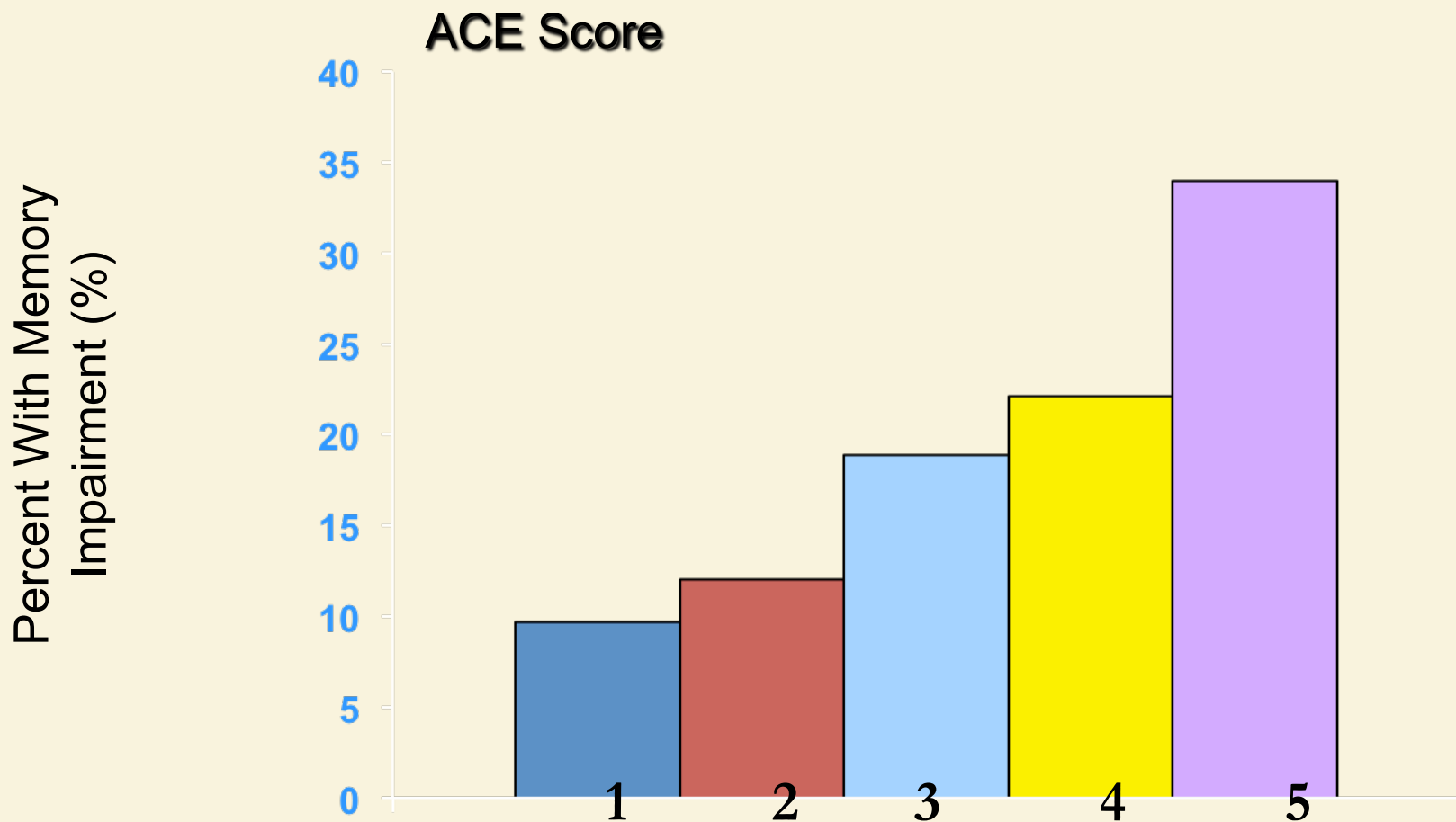
***Women are 3 times as likely as men to attempt suicide
Men are 4 times as likely as women to complete
suicide.***

ACE Score and Hallucinations



*Adjusted for age, sex, race, and education.
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ACE Score and Impaired Memory of Childhood

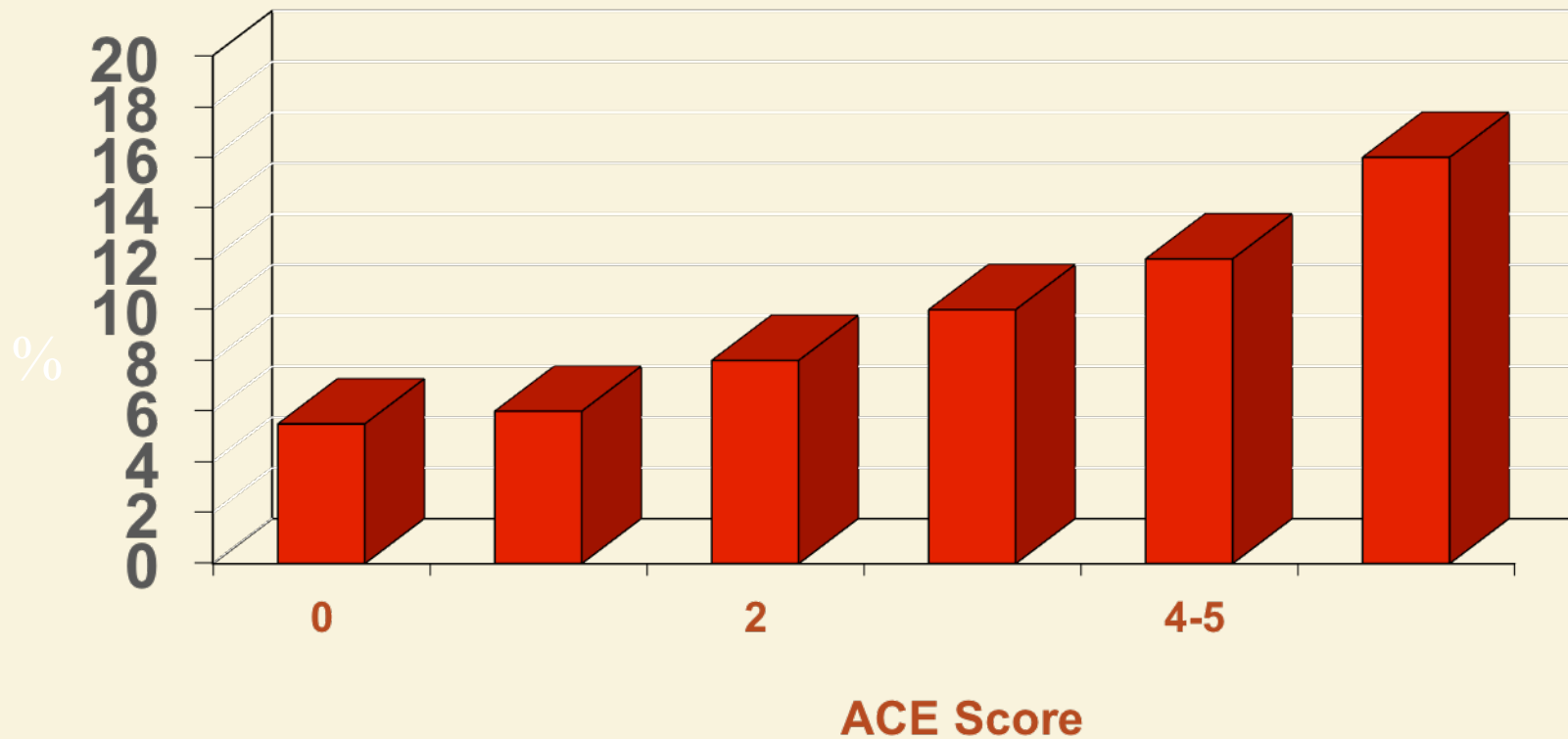


ACE Score
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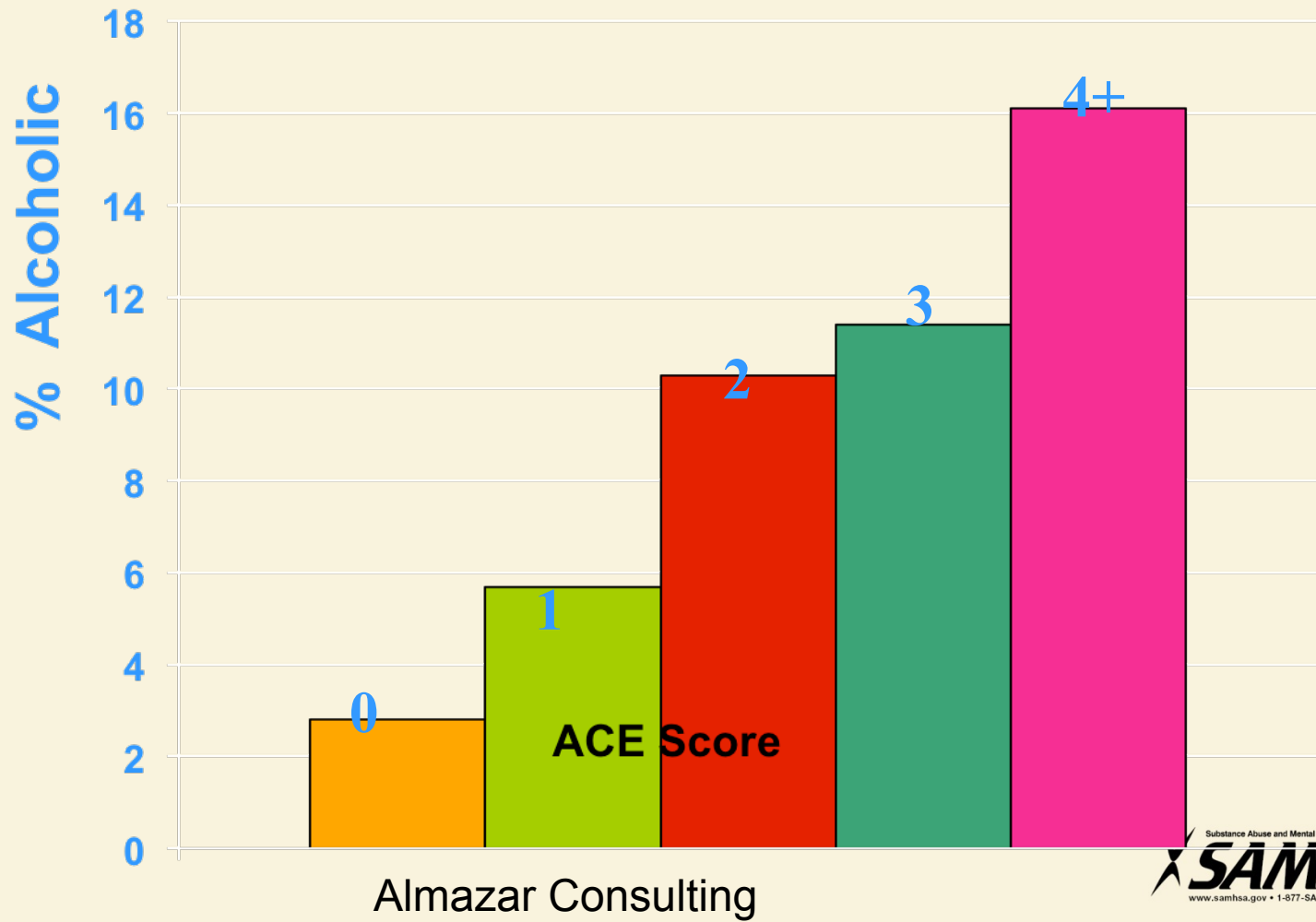


Health Risk Behaviors

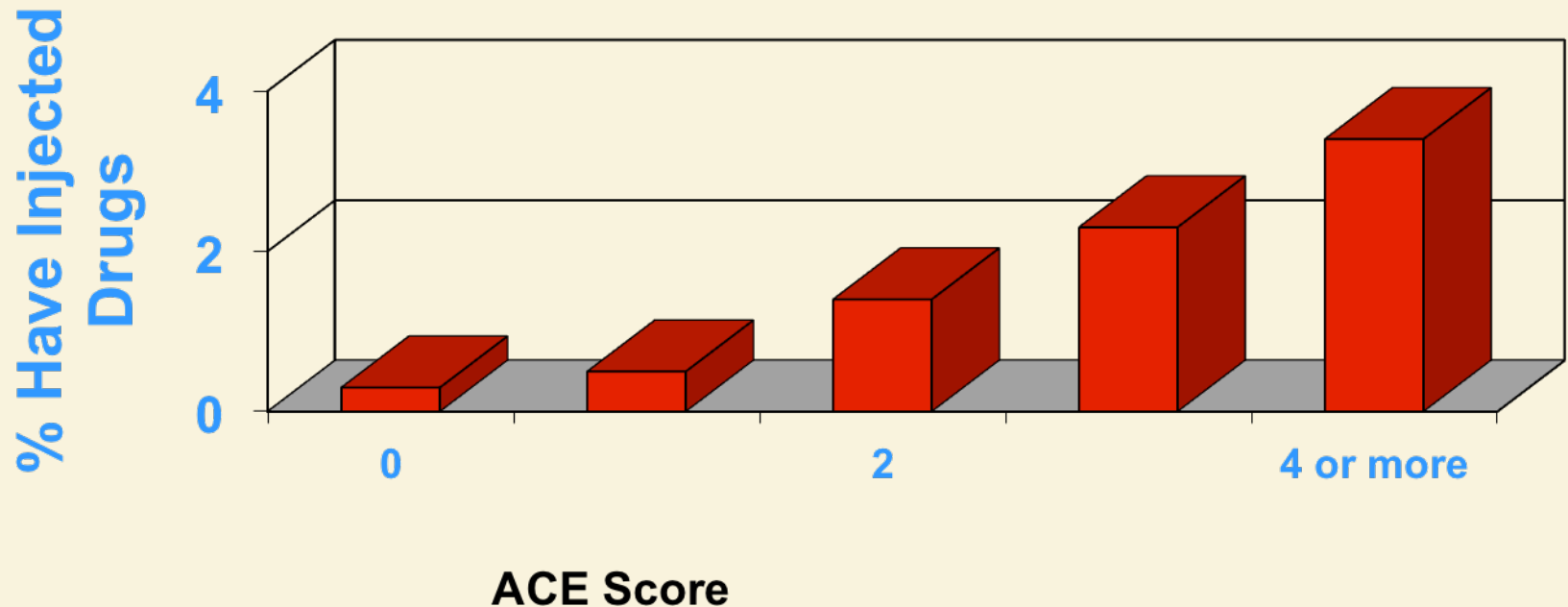
Adverse Childhood Experiences and Current Smoking



Childhood Experiences and Adult Alcoholism




ACE Score and Intravenous Drug Use



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N = 8,022 **SAMHSA** $p < 0.001$
Substance Abuse and Mental Health Services Administration
www.samhsa.gov • 1-877-SAMHSA-7 (1-877-726-4727)

“Male child with an ACE score of 6 has a 4600% increase in likelihood of later becoming an IV drug user when compared to a male child with an ACE score of 0. Might drugs be used for the relief of profound anguish dating back to childhood experiences? Might it be the best coping device that an individual can find?”
(Felitti, 1998)



Is drug abuse self-
destructive or is it a
desperate attempt at
self-healing, albeit while
accepting a significant
future risk?”

(Felitti, 1998)

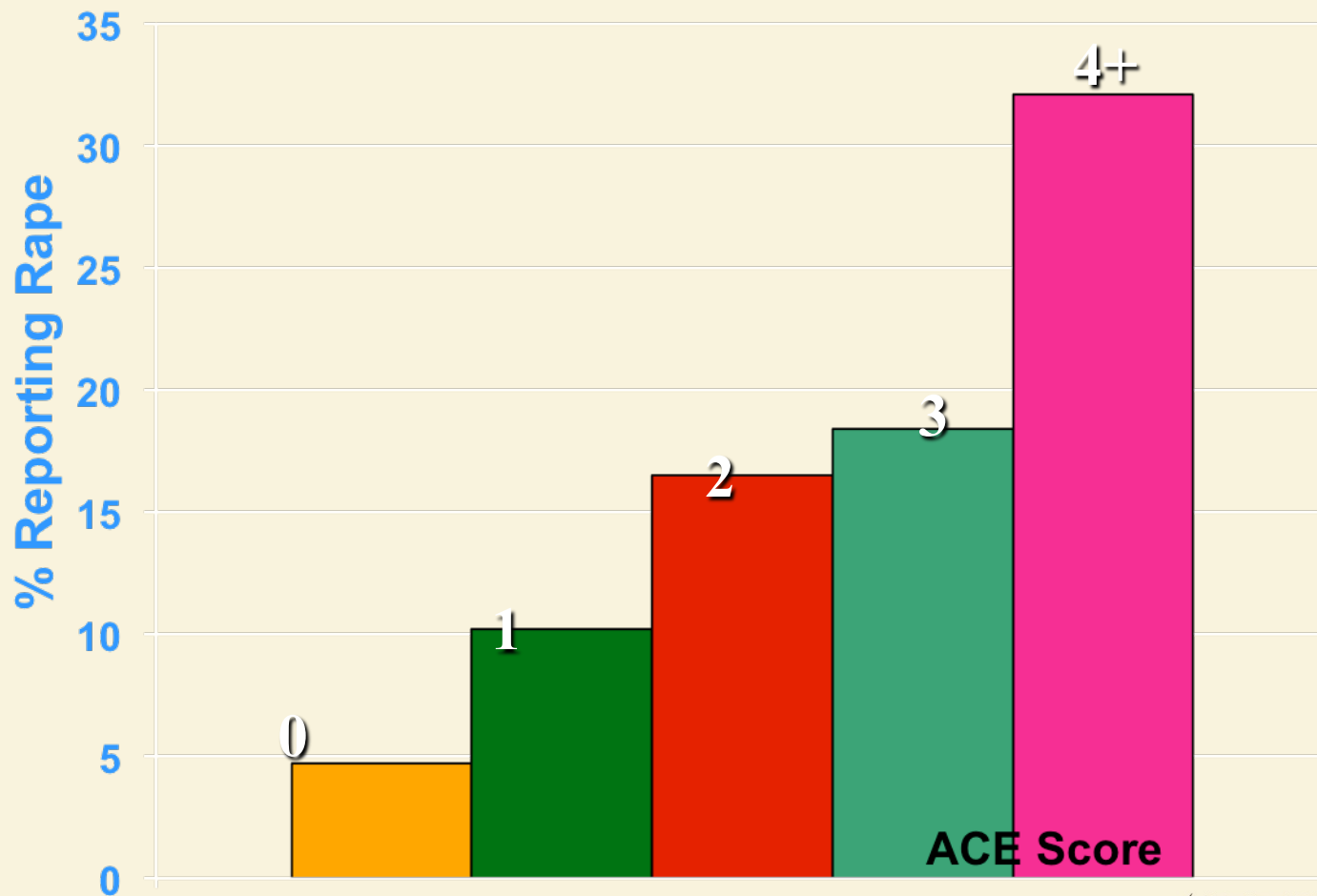
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- **Basic cause of addiction is experience-dependent, not substance-dependent**
- **Significant implications for medical practice and treatment programs**



Serious Social Problems

Childhood Experiences Underlie Rape



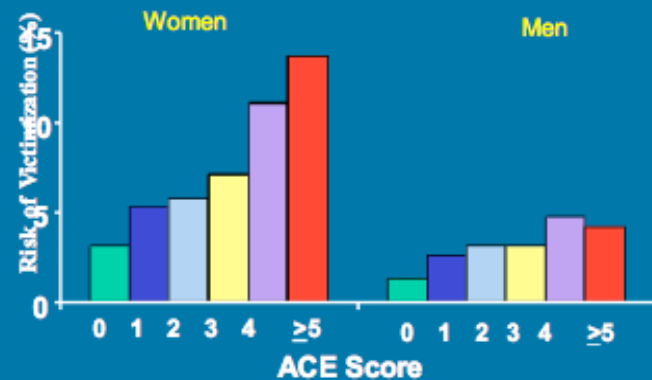
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ACEs Underlie Domestic Violence

**Women with ACE
Score of 4+ are
500% more likely to
become victims of
domestic violence.**

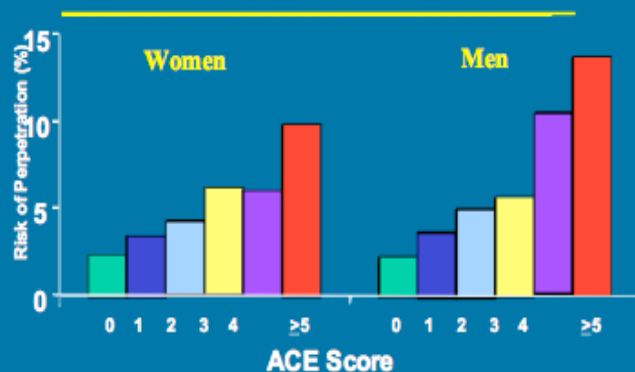
Well-being

**ACE Score and the Risk of Being
a Victim of Domestic Violence**



Well-being

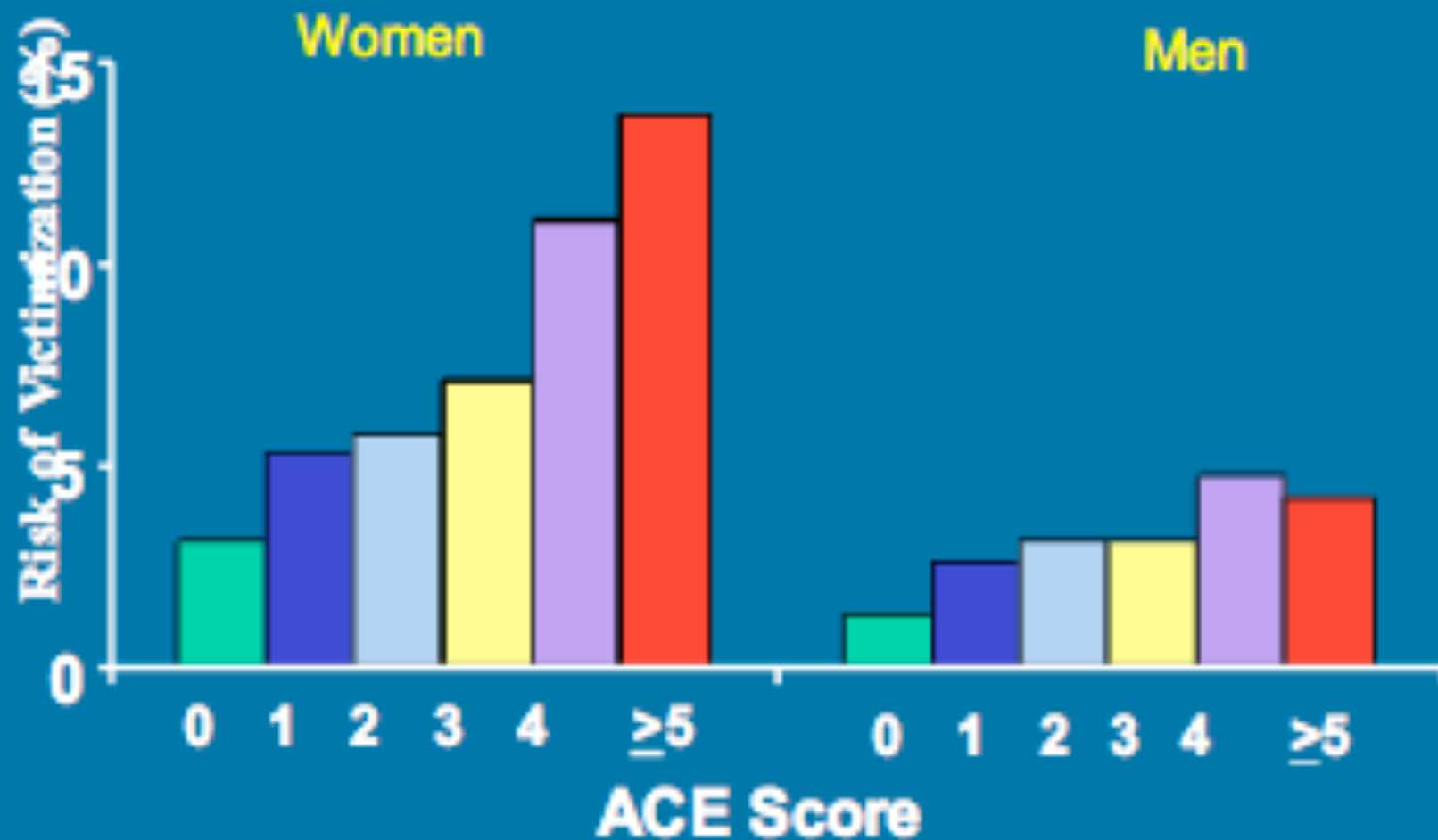
**ACE Score and the
Risk of Perpetrating Domestic Violence**



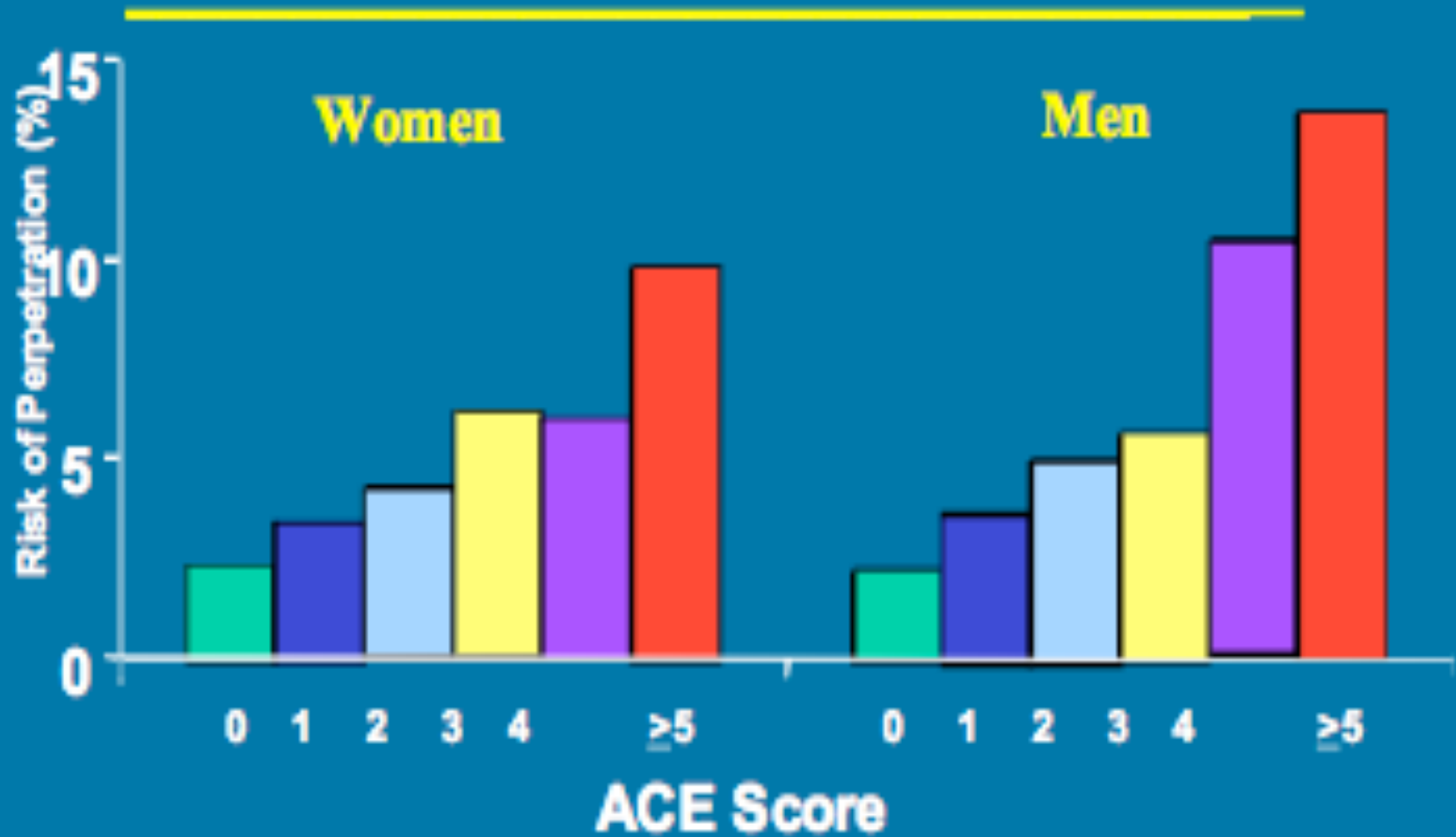
**Both men and
women are more
likely to become
perpetrators of
domestic violence**

being

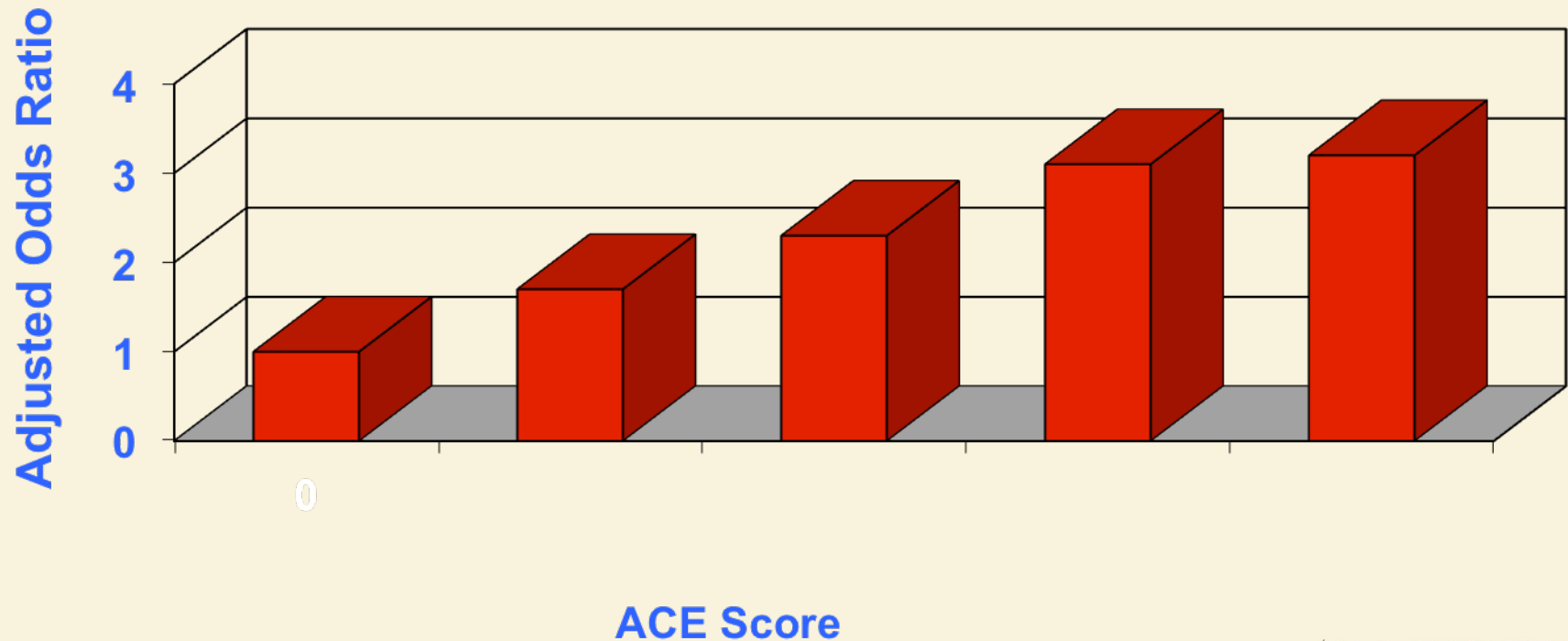
ACE Score and the Risk of Being a Victim of Domestic Violence



ACE Score and the Risk of Perpetrating Domestic Violence



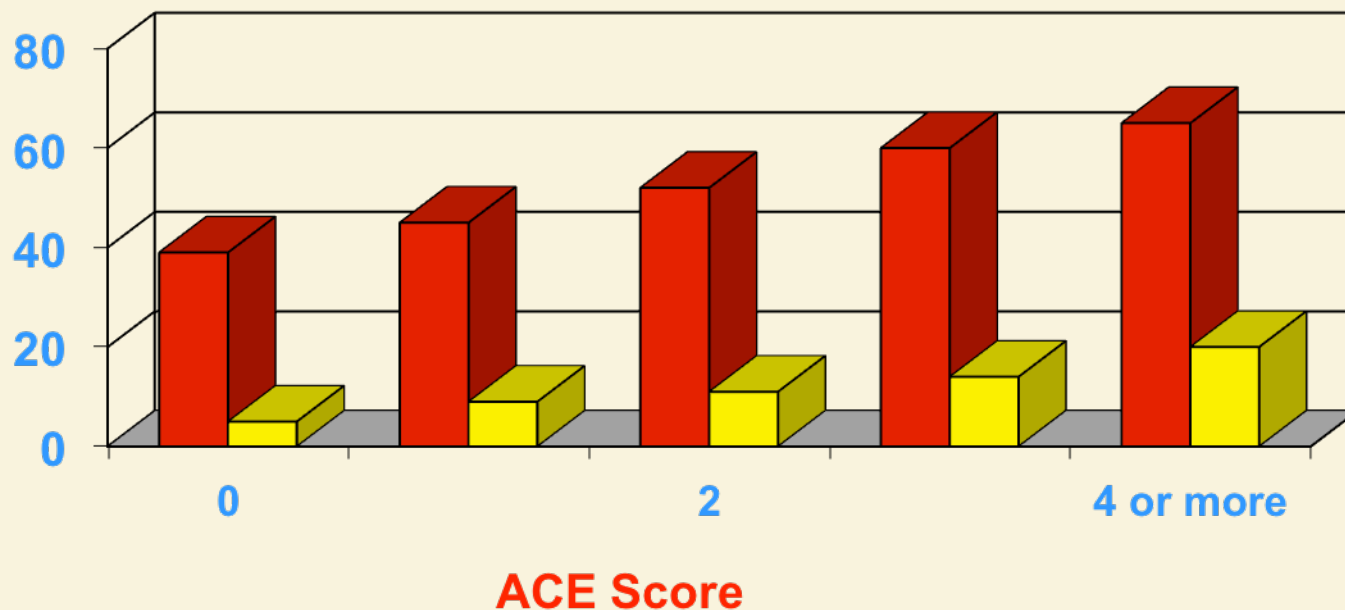
Adverse Childhood Experiences and Likelihood of > 50 Sexual Partners



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ACE Score and Unintended Pregnancy or Elective Abortion

% have Unintended PG, or AB

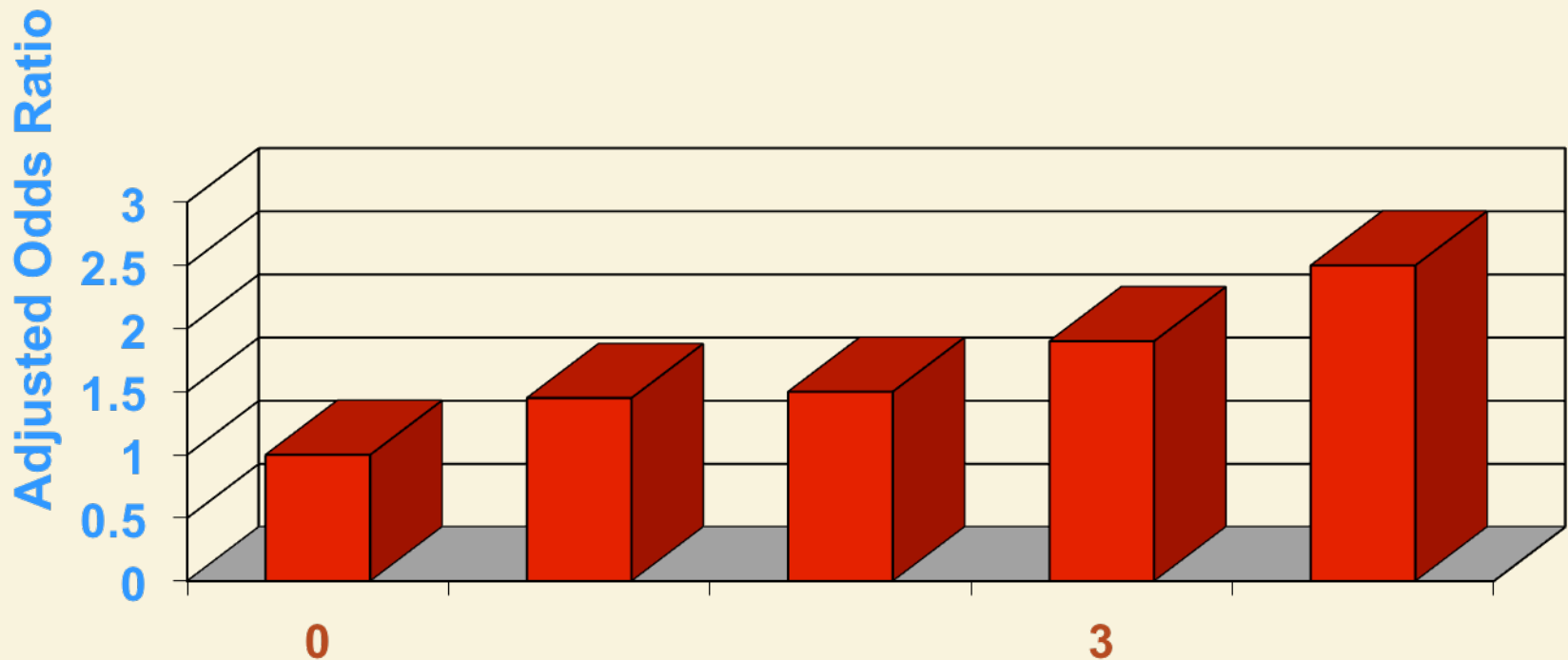


■ Unintended Pregnancy

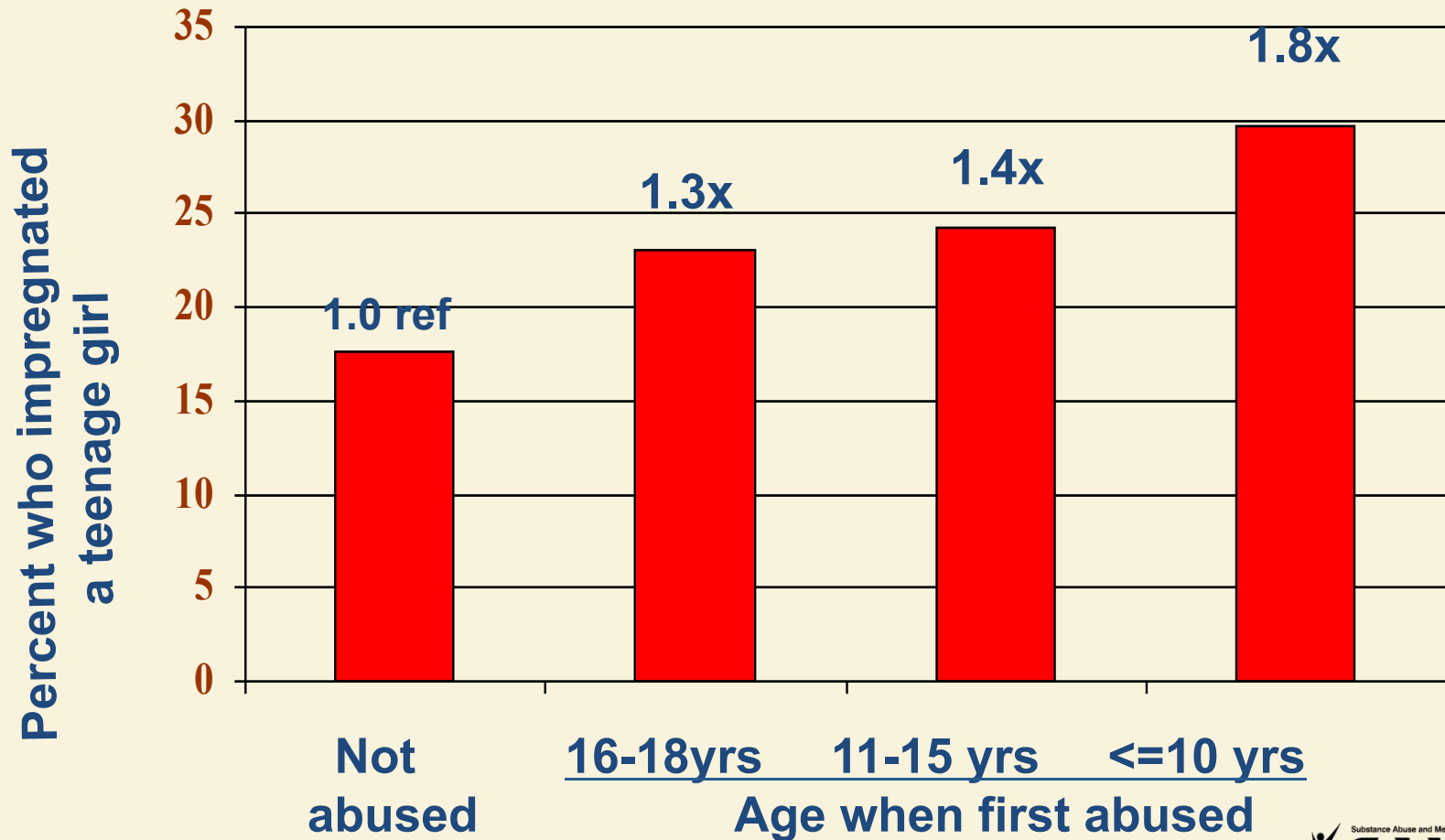
■ Elective Abortion

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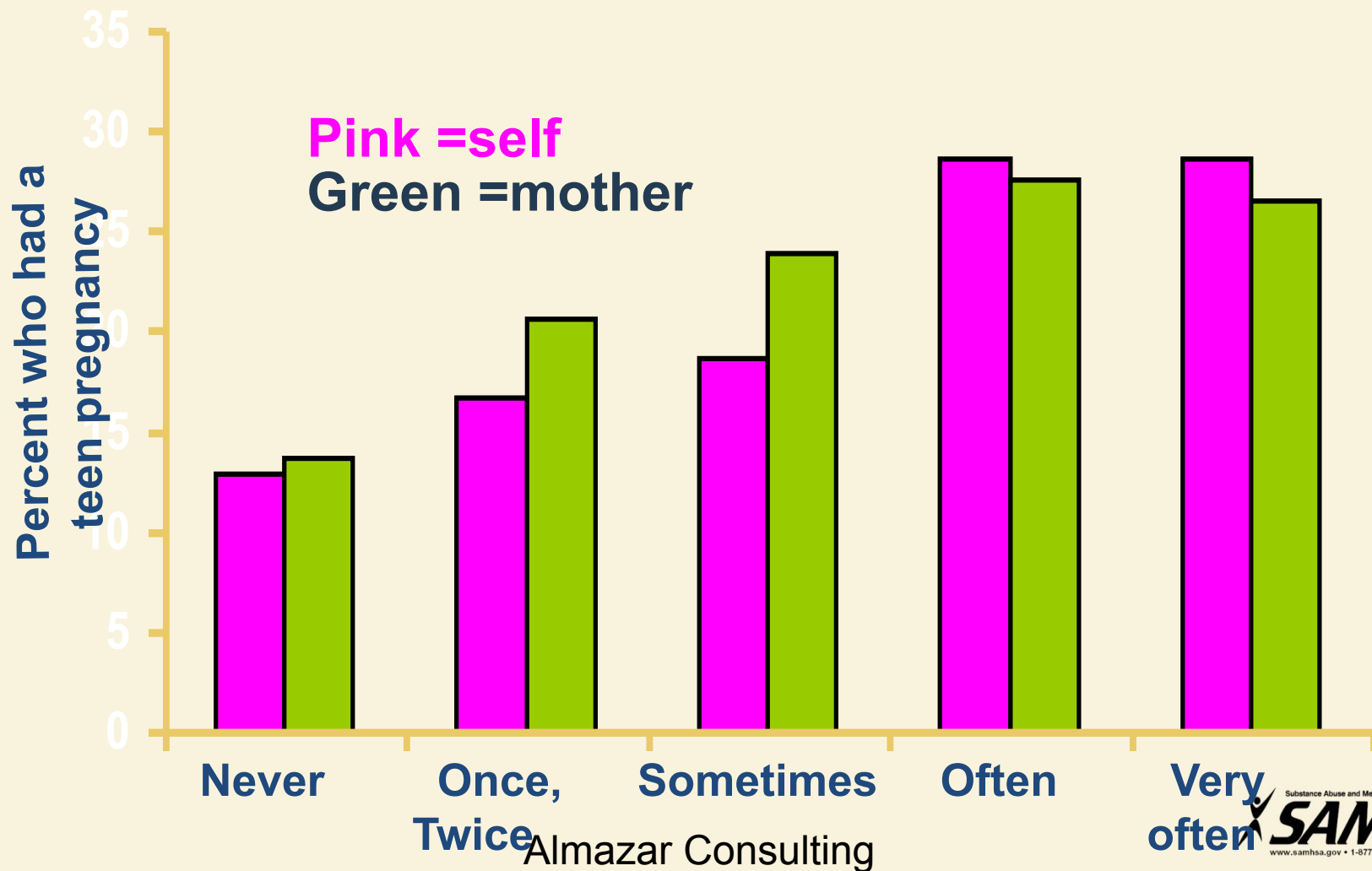
Adverse Childhood Experiences and History of STD



Sexual Abuse of Male Children and Their Likelihood of Impregnating a Teenage Girl

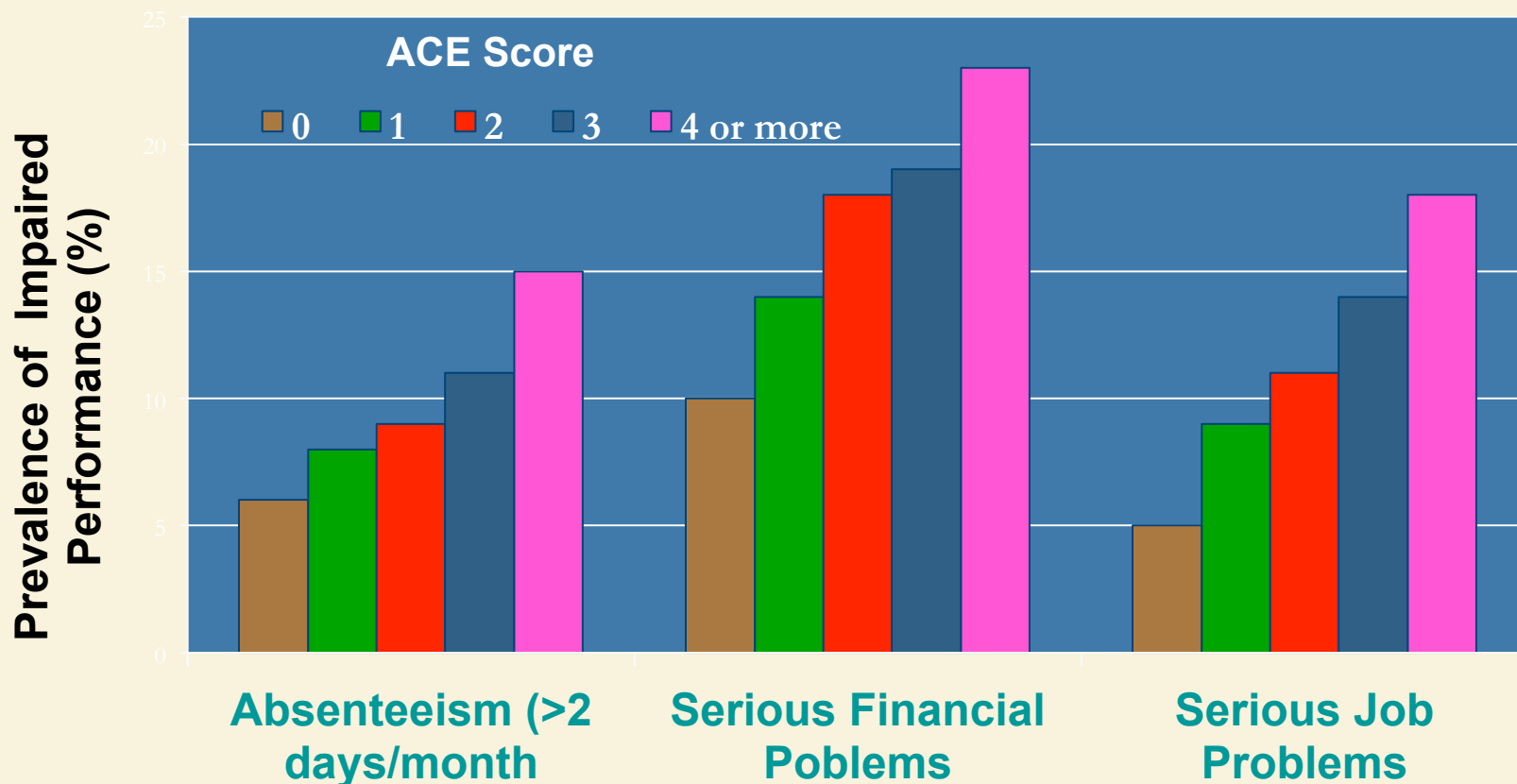


Frequency of Being Pushed, Grabbed, Slapped, Shoved or Had Something Thrown at Oneself or One's Mother as a Girl and the Likelihood of Ever Having a Teen Pregnancy



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ACE Score and Indicators of Impaired Worker Performance



“What happened to you?”
instead of
“What’s wrong with you?”

From “What’s Wrong?” To, “What’s Happened?”

- What is your diagnosis?
- What are your symptoms?
- How can I best help or treat you?
- What is your story?
How did you end up here?
- How have you coped and adapted?
- How can we work together to figure out what helps?

Trauma Symptoms = Tension Reducing Behaviors

“How do I understand this person?”

rather than

“How do I understand this problem or symptom?”

- All behavior has meaning
- Symptoms are ADAPTATIONS
- Comfort vs. Control
- We build on success not deficits

Problems or Adaptations?

- Fight – Non-compliant or combative OR struggling to hold on to some personal control/power?
- Flight – Treatment resistant, uncooperative OR disengaging, withdrawing or titrating external stimulus/demands
- Freeze – Passive, unmotivated OR giving in to those in power, repeating cycle of surrender in order not to get hurt




Resilience Questionnaire



- **What's Your Resilience Score?**
- This questionnaire was developed by the early childhood service providers, pediatricians, psychologists, and health advocates of Southern Kennebec Healthy Start, Augusta, Maine, in 2006, and updated in February 2013. Two psychologists in the group, Mark Rains and Kate McClinn, came up with the 14 statements with editing suggestions by the other members of the group. The scoring system was modeled after the ACE Study questions. The content of the questions was based on a number of research studies from the literature over the past 40 years including that of Emmy Werner and others. Its purpose is limited to parenting education. It was not developed for research.

- Please circle the most accurate answer under each statement:
- 1. I believe that my mother loved me when I was little.
- 2. I believe that my father loved me when I was little.
- 3. When I was little, other people helped my mother and father take care of me and they seemed to love me.
- 4. I've heard that when I was an infant someone in my family enjoyed playing with me, and I enjoyed it, too.
- 5. When I was a child, there were relatives in my family who made me feel better if I was sad or worried.

- 
- **6. When I was a child, neighbors or my friends' parents seemed to like me.**
 - **7. When I was a child, teachers, coaches, youth leaders or ministers were there to help me.**
 - **8. Someone in my family cared about how I was doing in school.**
 - **9. My family, neighbors and friends talked often about making our lives better.**
 - **10. We had rules in our house and were expected to keep them.**

- **11. When I felt really bad, I could almost always find someone I trusted to talk to.**
- **12. As a youth, people noticed that I was capable and could get things done.**
- **13. I was independent and a go-getter.**
- **14. I believed that life is what you make it.**
- How many of these 14 protective factors did I have as a child and youth? (How many of the 14 were circled “Definitely True” or “Probably True”?)

KEY SYSTEMS FOR RESILIENCE

COMMUNITY, CULTURE, SPIRITUALITY

Nourishment

- Faith, hope, sense of meaning
- Engagement with effective orgs – schools, work, pro-social groups
- Network of supports/services & opportunity to help others
- Cultures providing positive standards, expectations, rituals, relationships & supports



Wholeness

Protection

ATTACHMENT & BELONGING

- Bonds with parents and/or caregivers
- Positive relationships with competent and nurturing adults
- Friends or romantic partners who provide a sense of security & belonging

Growth

CAPABILITY

- Intellectual & employable skills
- Self regulation – self control, executive function, flexible thinking
- Ability to direct & control attention, emotion, behavior
- Positive self view, efficacy

EXAMPLES OF PROGRAM & POLICY ACTIONS

- Parent Trust for Washington Children has incorporated the ACE questions into their work with addicted parents facing court action (DV, termination of parental rights) resulting in: 1) improved outcomes in parenting classes and 2) reduced relapse among parents with 4 or more ACEs.
- Safe Harbor Crisis Nursery in the Tri-Cities has incorporated ACEs and trauma into its day-to-day strategies and case management resulting in improved outcomes for families.
- Children of Incarcerated Parents; the Legislature has mandated the executive branch to engage in an initiative to address the needs of children of incarcerated parents. The initiative and its processes are framed to address the likelihood that these children have more than this one ACE.
- With the help of the Mental Health Transformation Grant and the Office of the Superintendent of Public Instruction (OSPI), Spokane is exploring the creation/implementation of trauma sensitive practices in public schools.
- OSPI introduced the Compassionate Schools initiative, which supports local school districts in reducing the non-academic barriers to schools success that are created by trauma (2008). (<http://www.k12.wa.us/CompassionateSchools/default.aspx>)

The Four R's

A trauma-informed program, organization, or system:

Realizes

- *Realizes* widespread impact of trauma and understands potential paths for recovery

Recognizes

- *Recognizes* signs and symptoms of trauma in clients, families, staff, and others involved with the system

Responds


- *Responds* by fully integrating knowledge about trauma into policies, procedures, and practices

Resists

- Seeks to actively *Resist* re-traumatization.

Traumatic Reminders

- Loss of Control
- Power Differential
- Lack of Predictability



I've learned that people will forget
what you said, people will forget what
you did, but people will never forget
how you made them feel.

~ Maya Angelou



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SAMHSA's National Center for
Trauma Informed Care

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